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COLLECTION OF PAPERS ON QIGONG SCIENCE RESEARCH IN GUANGDONG

INCLUDING SOME PAPERS ON RESEARCH IN SOMATIC SCIENCE

VOLUME ONE

EDITED BY THE SECRETARIAL TEAM FOR GUANGDONG PROVINCE'S  
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First Side street 5 Number 301

The Corrective Effect of the HUOBUGUANQI Method  
Observations of Short Term Therapeutic Effects of DAYAN QIGONG  
Liang Hongzheng Zhaoqing Prefecture First Peoples Hospital

Simple Exercise Methods of QIGONG  
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A Discussion of the Utilization of the Daoist "Three Treasures" in QIGONG  
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Health Maintenance Through Massage of Channels and Pressure Points  
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Xianshichang Second Street Number Three

Fifty Cases of Dialectic Applications of QIGONG with Therapeutic Effects  
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A Glimpse Into Clinical QIGONG Treatments  
Yao Xianwen Yangjiang County Chinese Medical Institute

QIGONG is Not Witchcraft  
Picture of 100 Birds Spontaneous QIGONG  
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QIGONG and Longevity  
WUQIU GUANZHONGGONG for Intelligence and Longevity  
A Discussion of Deviant Reactions in QIGONG  
Zhu Gaozhang Guangzhou Donghua East Road (four words  
unreadable) Number 40 Room 802

A Discussion of the Terminology of QIGONG

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A Suggestion to Place QIGONG in School Curriculums  
QIGONG Pressure Point Massage is Very Effective for Motion Sickness  
Wen Shangwu Guangzhou City Henan (four words unreadable)  
Guodunxin Street Number 17 Unit 506  
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Number 35, 204  
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QIGONG Cure for Chronic "Wind Chill Type" (one word unreadable) Measles  
Liu Baoxiang Provincial Geology and Mining Bureau First  
Hydrological Team  
Why Is It That QIGONG Can Cure Diseases?  
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Foster Chinese Civilization, Study Writings on QIGONG  
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Reports of Two Cases Of WUJIGONG curing Hemorrhoids  
Wang Faqi Hainan Island Dunchang County (two words  
unreadable) District Health Team  
Training QIGONG Personnel by Maintaining the 100 Day "Foundation"  
Guangzhou Chinese Medical Institute QIGONG Research Lab

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## FORWARD

QIGONG has a long history in China. It is one of the treasures of the Chinese people's civilization. Its social benefits are obvious, and there are many ancient texts and references to QIGONG. Famous Chinese Scientist, Comrade Qian Xuesen, has proposed: "Carry on the rich experience in QIGONG which has been accumulated thorough practice over a long time, discover more about it, catalog and process this information, analyze and compare the many different types of QIGONG, use Marxism for philosophical guidance, use system science methods to study it, and combine it into and establish a model and then apply it in practice." This presents an effective way for us to further develop our work in QIGONG.

Since liberation, and especially since 1962, Guangdong has consistently carried out a movement in QIGONG which has had leadership and organization. A great deal of work has been done in Guangdong in popularizing the principles and benefits of QIGONG, in teaching the masses in its practice, in treating ailments with QIGONG and in developing scientific research into QIGONG. In order to summarize and exchange our experiences, under the concern and direction of the provincial and municipal scientific associations, the provincial Health Department, and the provincial and municipal Physical Education Departments, the "first Guangdong QIGONG scientific research and academic exchange conference" was jointly convened in October of 1985 by the Guangdong Provincial QIGONG Scientific Research Committee, the Guangdong Province Somatic Sciences Research committee and two other learned bodies as well as the Guangzhou University QIGONG Scientific Research Committee. More than 300 QIGONG masters, QIGONG scientific researchers and invited delegates attended this conference from all over Guangdong, from Hong Kong and from Macao. The conference received more than 50 academic papers on QIGONG which were all exchanged at the conference and at the small groups there. These papers included explanations of QIGONG masters of the applications of QIGONG in treating ailments and strengthening the body, some were on research in the principles and methods of QIGONG. Some were on basic theoretical research by QIGONG scientific researchers. In order to summarize all the work in Guangdong on QIGONG, we have taken more than 90 of the papers from the conference and papers and abstracts from Guangdong in recent years concerning QIGONG and Somatic Science and compiled this first volume of "Collection of Guangdong QIGONG Scientific Research Papers (Including Scientific Papers on Somatic Science)". We have also taken other papers which were not included in this book and listed the titles in an appendix. We hope that the publication of this book will help in the academic exchange between QIGONG masters, QIGONG scientific research personnel and others interested in QIGONG and will further advance QIGONG in Guangdong province.

In April of this year, the China QIGONG Scientific Research Commission was established with the approval of the State Organizational Reform Commission. This is a great event in the history of the development of QIGONG in China. It signifies that QIGONG in China has entered a new stage under the leadership of the Party. Comrade Qian Xuesen said: "If we



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combine all the various aspects of QIGONG, traditional Chinese medicine and human paranormal QIGONG abilities, once this is all combined with modern science and technology, it will be possible to develop a new branch of science, allowing current science to be raised to a new level. If this is done well, it will of necessity lead to a scientific revolution." What an exciting scientific thesis this is. Comrades undertaking tasks in QIGONG, let us unite as one and work together to create a new situation where ancient QIGONG and modern science are joined together to make our proper contributions to Chinese Socialist modern construction.